

## TeamHealth Clinician Well-Being Resources

Tools and Resources  
That Make Your  
Well-Being a  
Top Priority



**TeamHealth created the Strategic Well-being Advisory Group in 2019 to make clinician wellness a top priority.**

**The group is comprised of four core initiatives:**

### ① CRITICAL INCIDENT HUDDLES

- Developed best practices for critical incidents and training on how to handle these incidents.

### ② PEER-TO-PEER SUPPORT GROUPS

### ③ CLINICIAN RESILIENCY GROUP

- Maslach burnout inventory which is made free to all of our clinicians
- Helps us recognize burnout concerns within ourselves and among our colleagues

### ④ CLINICIAN IMPAIRMENT GROUP

- A-PEX provides a comprehensive, scalable (and turnkey) program that creatively balances:
  - Roadmaps on how to treat impairment at the individual and leadership level
  - Three clinician impairment training sessions, human resources and CME activities

### ADDITIONAL TEAMHEALTH RESOURCES INCLUDE:

- COVID stress debriefing sessions
- Suicide prevention campaigns including internal and external resources with CME activities ([Link](#))
- LiveWell resources for living: available to all clinicians and their family members
- Well-being rounding tool to ensure clinician health and safety



**Peter Kah, MD**

[Watch: Clinician Burnout](#)

**Brian Hanrahan, MD**

[Watch: Impairment Recovery](#)

